

WARREN



"Jolly Rogers"

SENTINEL

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NEWEST
PROMOTEES
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GUARDIAN CHALLENGE 2006

Col. Michael Carey, 90th Space Wing Commander, announces team members March 10 for 2006 Guardian Challenge to be held May 8 to 12 at Vandenberg Air Force Base, Calif. Guardian Challenge is an Air Force Space Command competition in which the best of the best compete. For more information on this year's challenge and a full team roster, see Page 12.

Photo by Airman 1st Class Tessa Cubbon

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Commentary

Hide and seek with EPRs

Chief Master Sgt. Michael Petrisin
90th Maintenance Group

Are you playing hide and seek when writing enlisted performance reports? Do you take a powerful bullet and hide it within the EPR and make a reader find it? EPRs are one of the most important documents that follow Airmen throughout their careers. This documentation can be used as part of a job selection process as well as senior airman below-the-zone, Stripes for Exceptional Performers, senior master sergeant and chief master sergeant promotions.

The word picture that is painted will impact a reader. Paint an interesting picture. If a reader becomes bored, they will not want to continue reading. Significant facts and awards can be missed.

Write the EPR from the bottom up. Who do you want telling a reader your strongest accomplishments, a shop chief in the raters section or the wing commander in the bottom block? Stronger bullets are probably going to have wing impact. Who else should sign under those bullets than the wing commander?

Don't make the reader try and guess what you are trying to say. Put it in black and white. Rate master sergeants to master sergeants. For example: "My number one out of 10 master sergeants," not "My number one of 60 SNCOs." The numbers look better, but people see through this and will question it. If you say someone is the number one, back it up. Convince the reader that the person is number one.

Don't try to confuse things with "my number one this" and "my number one that." When there are number ones spread all over EPRs like chicken feed in the barn yard, it starts looking like it might have come out of the south end of the chicken. Readers will see through this and wonder if someone is trying to stretch the truth. It's nice to have

number ones in an EPR, but my number one master sergeant with blue eyes and brown hair is not going to carry any weight.

Another overuse of number one is with the quarterly and annual awards programs. "My number one of 100... won quarterly award." That person may have been the number one for that quarter, but may not be THE number one. It boils down to winning the quarterly award, put the level it was won - squadron, group, etc. Winning the group or wing award is quite an accomplishment and can stand on its own.

Professional military education graduation is important but does not need to be included in an EPR. This information can be obtained from other documents. PME awards on the other hand, need to be included in EPRs. They are significant and separate an individual from the rest. Thousands of Airmen graduate from PME every year. Only a small percentage earn the Distinguished Graduate Award, and a smaller percentage earn the Academic, Leadership, Commandant and Levitow awards. Don't hide these accomplishments in the middle of the EPR. Put

EPR, Page 3

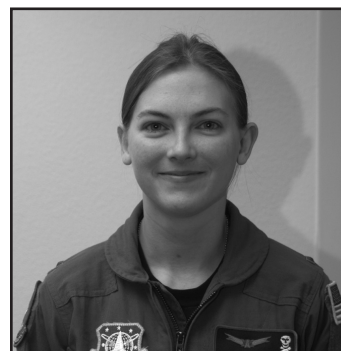
Street Talk

The Warren Sentinel asked Warren members, "How much does nutrition factor in to the foods you eat?"



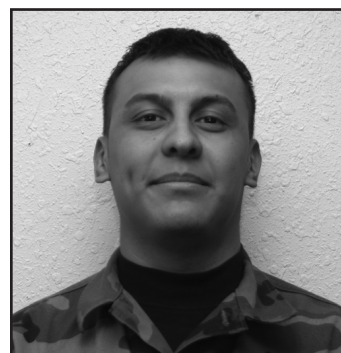
"Not much. It does in a way; I try to eat fruits and vegetables but I don't think about it that much."

- Master Sgt. Kimberlynn Mitchell, 90th Maintenance Operations Squadron



"It does factor in, but it's not a guideline. I do eat a lot of healthy foods."

- 2nd Lt. Bonnie Walker, 320th Missile Squadron



"I don't pay much attention to it, but I do eat pretty healthy. I imagine I don't eat a lot of fats and cholesterol."

- Senior Airman Tim Ramirez, 90th Security Forces Group



"I think about it a lot. My husband and I have been trying to eat healthier, and I have been trying to get my kids to eat fruits and vegetables."

- Patty Bruns, 90th Medical Group

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Classified ads can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue. Edito-

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Respect: The tie that binds the NCO corps

Master Sgt. Mark Haviland
Air Combat Command Public Affairs

LANGLEY AIR FORCE BASE, Va. - The transition to noncommissioned officer, and later, to senior noncommissioned officer can be a daunting experience for any Airman, but Chief Master Sgt. David Popp, Air Combat Command's command chief, has words of advice for those who make the journey.

The key to success, Chief Popp says, is respect - not only earning it and keeping it, but also understanding the fundamentals behind the word itself. It's a message he delivers regularly to new NCOs and SNCOs:

R = responsibility

"Winston Churchill once said, 'The price of greatness is responsibility.' The 'r' in the word 'respect' stands for responsibility. As an NCO in the world's greatest air and space force, we expect you to stand up and step up to your responsibilities," the chief said. "It is your responsibility to ensure the Airmen are housed properly, trained properly, equipped properly and ready to deploy to carry out the mission."

E = example

"What you do speaks so loudly, your Airmen may not hear what

you're saying," the chief said. Gen. George S. Patton once said, "Troops, you're always on parade!"

"You're an example to your fellow Airmen when you're in the shopette Saturday night when you've got your earring in and are purchasing those three cases of beer. You're an example to your fellow Americans when you deploy to fight the hurricanes, floods or forest fires," Chief Popp said. "And you're an example when you wear this uniform overseas, driving that convoy or working at the Camp Bucca Internment Center. To earn respect, you must set the right example."

S = standards

"If you don't stand for something, you will fall for anything! If you don't enforce the standards, then who will? Never, never, never apologize for enforcing our high standards. When we don't enforce the technical orders, the Air Force Instructions, the general orders - equipment gets wrecked, people's lives are placed in jeopardy, and our fight to win the global war on terror gets set back. To earn respect, you must stand up and enforce the standards."

P = performance

"There is no second place in war; you either win or you lose. NCOs

are responsible for their individual performance, their team's performance and the overall outcome of the mission. This war on terrorism is much bigger than Iraq or Afghanistan. When you put on our team's jersey, this is a joint fight -- that's why it says, U.S. Air Force, U.S. Army, U.S. Navy and U.S. Marines.

"Many NCOs now are familiar with 15 straight years of deployments to Desert Shield, Desert Storm, Operations Northern and Southern Watch, Operation Iraqi Freedom and Operation Enduring Freedom. As we move ahead, we will be asking all Airmen to step up and perform at 100 percent of their ability. To earn respect, you must continue to perform."

E = evaluate

"How do you evaluate those daily crisis', issues and problems brought to you?"

"I believe every NCO shows up to these fiery situations with a bucket in each hand. In the left is a bucket of water and in the right is a bucket of gasoline," the chief said. "Which one do you use? The water to extinguish the situation or the gasoline to get it roaring out of control? I challenge NCOs to get the facts before they use either bucket -- evaluate the situation before you

empty one of those buckets. To earn respect, you must evaluate before you take action."

C = communications

"I have found that Airmen are always down on what they are not up on. How well do you share the 'big picture' with your Airmen? How well do you provide your performance expectations to your Airmen? Do you share: the who, the where, the when and most importantly the why with them? To earn respect, you must keep the lines of communications open."

T = Taking care of Airmen

"Your Airmen do not care how much you know - until they know how much you care about them!"

"If I asked you to tell me about your top three performing Airmen, could you? Could you tell me the date they arrived on station, their family status, hobbies, goals, their career development course score or their physical training score? Could you tell me what they did last weekend?"

"Sadly, what I routinely find across our Air Force are supervisors who can only tell me these things after a suicide, a fatality or serious accident has occurred.

"To earn respect, you must know and take care of your Airmen."

EPR, From Page 2

them where they will be noticed. These awards carry weight and can impact Airmen's careers years after they have won them.

Duty titles are also a hiding spot. In many

cases, the writer is trying to hide something that is perceived weak. Raters inflate duty titles, especially if it's the second or third year a person has the same job. The duty Air Force specialty code

and duty description will tell the true story of what a person does in the organization.

The bottom line: This line is the easiest to see and the last thing read or, in some instances,

could be the first thing read. Everyone is an outstanding leader, great manager, dedicated to the mission and should be promoted immediately. Don't believe me? Grab some EPRs and read the

bottom lines. End with a bullet that separates the ratee from the rest. Grab the reader's attention. The only seeking a reader should want to do is seek more information about this person.

FPA

90 MSFS wins AFSPC security forces award

Competes for Air Force-level award next month

Airman 1st Class
Tessa Cubbon
90th Space Wing
Public Affairs

Air Force Space Command recently announced its 2005 Security Forces Unit Awards and Warren's 90th Missile Security Forces Squadron was named Outstanding Active Duty Large Security Forces Unit Award.

"These units exemplify the highest standards of professionalism and dedication to the security of the command's war-fighting mission," said General Lance W. Lord, former Air Force Space Command Commander, before retiring March 3.

"I have never before been the Commander of a unit that won an award of this magnitude ... I am very proud," said Maj. John Seaberg, 90th Missile Security Forces Commander.

"Our unit Chief, Chief Master Sgt. Galvin, worked extremely hard in writing the initial package and then when we were selected to

represent the [90th Security Force Group], a team effort from senior NCOs throughout the group wrote, rewrote and fine tuned the package for the AFSPC competition."

In 90 MSFS, the people are the squadron's backbone, said Major Seaberg.

"This is a great team of officers, senior NCOs, NCOs and Airmen working together to get the mission done while balancing our commitments to family and community. [It's] just an all around great group of professional Airmen," he said.

This is a huge squadron and it is hard to get everyone together at once because of our mission, but I believe we have been very successful in building a feeling of Air Force family.

And this family is overflowing with Airmen determined to make the community a better place.

"The unit is just full of folks that volunteer in the local community at the VA center, honor guard, youth alternatives and Special

"THE 90 SFG IS, IN MY MIND, THE BEST COP UNIT IN THE AIR FORCE. ALL OF US ARE LOOKING FORWARD TO STRUTTING OUR STUFF AND HELPING THE WING EARN GREAT RESULTS ON OUR WAR-FIGHTING REPORT CARD."

- Maj. John Seaberg
90th Missile Security Forces Squadron
Commander

Friends, church activities and coaching youth sports. If there is a volunteer program then someone in the 90 MSFS is involved in one way or another," Major Seaberg said.

"Probably one of the most fun things we did collectively this year was 'Extreme Make-over-Dorm Edition' where we had several work days at our dorms," he said.

Major Seaberg said the

squadron got together and painted, cleaned and made the dorms a more enjoyable place for their Airmen to live.

"We combined these work days with PT, barbecues, live music and DJs, played basketball and football all in the same day," he said. "We not only got our dorms looking much better but we had fun doing it."

How quickly the squadron

turns its attention from fun to business.

The 90 MSFS will be focusing on NSI preparation and ensuring it shows the AFSPC inspectors why it's tops in Air Force security forces.

"The 90 SFG is in my mind the best cop unit in the Air Force," said Major Seaberg. "All of us are looking forward to strutting our stuff and helping the wing earn great results on our war-fighting report card."

Next step is Air Force-level competition. Those results are expected to be announced April.

"I am confident that we will represent AFSPC well, but we will just have to wait and see what the selection committee is looking for," said Major Seaberg.

Regardless of awards, it's the attitudes of these Airmen that sets the squadron apart.

"I feel truly blessed to have a chance to command this great squadron full of great people," said Major Seaberg.

Private fundraising: A few rules

Capt. Jedd Miloud
90th Space Wing Legal

Private organizations are an important part of the Air Force that helps promote morale and esprit de corps. When conducting official business, Air Force members must abide by the laws and regulations that govern the way we work. On the other hand, POs are much more flexible because the members involved are not conducting official government business.

Most units have active POs that participate in community events and promote extracurricular activities. There are currently about 37 POs registered at Warren. POs can provide Air Force members with the flexibility to conduct fundraisers on and off base. POs can solicit and accept donations from private parties. POs can spend their money in any lawful manner. Typically, PO funds are spent on things like going away and retirement gifts, morale events and scholarships. When conducting

activities, POs must remember to emphasize that they are not federal entities.

Fundraising is an important part of maintaining a PO. However, there are only two fundraisers that the Air Force officially endorses – the Combined Federal Campaign and the Air Force Assistance Fund. During these fundraising campaigns, other organizations are generally prohibited from conducting fundraisers on base. During other times, POs are authorized to conduct on-base fundraisers subject to command approval. POs can conduct fundraisers off-base at any time. Among other limitations, AFI 34-223 limits POs from conducting more than two fundraisers per quarter.

If you need more information on POs, check Air Force Instruction 34-223 which governs the way POs work. If you're interested in establishing a PO or have questions about POs or fundraisers, contact the 90th Services Squadron at 773-4226 or the legal office at 773-2256.

WOMEN'S HISTORY MONTH AWARD WINNERS MILITARY WOMEN OF THE YEAR

GS-7 AND BELOW
KAY BYBEE, 90TH SECURITY FORCES GROUP

GS-7 AND ABOVE
MARY BARRETT, 20TH AIR FORCE

AIRMAN
SENIOR AIRMAN MELISSA WESTON, 319TH MISSILE SQUADRON

NCO
STAFF SGT. PATRICIA SOUDER, 319 MS

SNCO
MASTER SGT. KARMELLA VAN STOCKUM, 90TH CIVIL ENGINEER SQUADRON

CGO
CAPT. LIZA DILLARD, 320TH MISSILE SQUADRON

Briefs

Tax exemption

Transportable/mobile home owners: Active duty military personnel owning and living in transportable/mobile homes (who do not claim Wyoming as their state of residency) must file an affidavit of non-residency with the Laramie County Assessor's office no later than Monday, April 3, 2006 in order to be tax exempt. Transportable/mobile homes used as rental property do not qualify for tax-exempt status. Affidavits must be filed each year tax exemption is claimed and are available at the Laramie County Assessor's Office located at 309 West 20th Street, Suite 1100 here in Cheyenne.

Firing range off limits

The outdoor firing range, Building 1590, including the impact area to the north, is off-limits at all times to unauthorized personnel. Unauthorized entry is not only illegal, but extremely dangerous.

If valid entry into the area is required, contact combat arms training at 773-3560. After duty hours, contact the law enforcement desk at 773-3501.

Softball meeting

Interested in playing for the Warren Wranglers varsity softball team? Organizational meetings will be held 3 p.m. Monday and 11:30 a.m. Wednesday in the classroom at Freedom Hall. For more information, contact Lt. Col. Jeff Jenkins at 773-2135 or Mark Ragsdale at 773-3035.

Asbestos and lead awareness training

Asbestos quarterly awareness training will be offered at the base theater from 8 to 10 a.m. Wednesday. Lead based paint awareness training will be offered from 10 to 11:30 a.m. Annual attendance is mandatory for the following people:

90th Civil Engineer Squadron Craftsmen, Construction Inspectors, Engineers, Facility Custodians, and anyone else who may disturb materials in buildings constructed prior to 1982. 90th Communications Squadron Line Runners, Facility Managers, Maintenance Workers, Custodial Workers, Project Managers, Auto Hobby Shop personnel and any individuals performing self-help work in buildings constructed prior to 1982.

Group and squadron Commanders who are unable to attend may take an abbreviated computer based version instead.

For more information, contact Mike Zak at 773-4358.

Hope for couples hoping for kids Tricare covers select infertility treatments

Mark Jecker

TriWest Healthcare Alliance

Approximately 2.1 million couples in the United States experience infertility, according to the National Center for Health Statistics. What many members of the military may not realize is that the cost of selected infertility treatments is covered by Tricare.

The inability to conceive is a significant source of stress among married couples who want to start families. Add the rising costs of infertility treatment and it's no wonder that many couples give up.

Because infertility is often the result of a physical condition, Tricare coverage extends to the medically necessary services used to diagnose, monitor or treat those physical problems. These include diagnostic testing, surgical intervention and hormone therapy.

Many fertility drug prescriptions require the health care provider to obtain prior authorization through Express Scripts.

Coverage exceptions

Tricare does not cover treatments, procedures and technologies related to artificial methods of reproduction—including artificial insemination, in vitro fertilization, gamete intrafallopian transfer - or the reversal of a prior surgical sterilization.

However, once a Tricare beneficiary becomes pregnant—whether by natural or artificial means—the pre- and post-natal services connected with that pregnancy are covered by Tricare.

Prime and Standard beneficiaries who use network providers (the Tricare Extra option), will not be responsible for non-covered services furnished by a network provider unless they agree, in advance and in writing, to pay for

each specific non-covered service or drug.

Standard beneficiaries will be responsible for the total cost of services not covered by Tricare. A complete list of infertility treatment services that are not covered by Tricare is available at www.triwest.com as well as in the "Tricare Beneficiary Handbook" and "Prime Member Handbook."

**QUESTIONS
CONCERNING TRICARE
INFERTILITY BENEFITS
MAY BE DIRECTED TO
TRIWEST HEALTHCARE
ALLIANCE AT 1-888-
TRIWEST (1-888-874-
9378).**

Congrats to Warren's newest promotees

MAJOR SELECTS

RYAN CAMPBELL, 90TH SPACE WING

CHRISTINA CAMPBELL, 90TH MISSION SUPPORT GROUP

CHRISTOPHER KAY, 90TH CONTRACTING SQUADRON

HALLIE LANDRETH, 90TH MEDICAL OPERATIONS SQUADRON

CHAD ROGERS, 90TH MISSILE MAINTENANCE SQUADRON

MATTHEW FRANKE, 90 SW

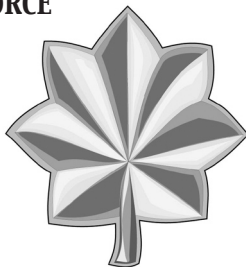
LEWIS HARPER, 20TH AIR FORCE

MARK HUDNALL, 20 AF

FRANK REYES, 20 AF

MARGARET VENCIUS, 20 AF

THOMAS VANCE, JR., 90TH MAINTENANCE OPERATIONS SQUADRON



SENIOR MASTER SERGEANTS

JERMYN ZINK, 90TH OPERATIONS GROUP

WILLIAM MEDEMA, 20TH AIR FORCE

NICOLE WATKINS, 90TH SPACE WING

JOSEPH GALLO, 90TH MAINTENANCE GROUP

CHARLES WHITE II, 90 MXG

MICHAEL WHITTAKER, 90 OG

DAVID DOREMUS, 90 MXG

SAMMY GARDNER, 90TH SECURITY FORCES GROUP

MICHAEL MCCARTY, 90 MXG



Full Page ad

Full Page ad



Photo by Bernie Ernst

SERVICES WINS BIG

Members of the 90th Services Squadron pose for a picture in front of Freedom Hall recently after winning the 2005 Eubank Award. The Air Force Space Command-level award recognizes excellence in all facets of services. They will now compete for the Air Force-level award, which is scheduled to be announced in April.

NSI TIP: PRP IS EVERYONE'S RESPONSIBILITY

It is everyone's responsibility to know the spirit and intent of the personnel reliability program.

According to DoDD 5210.42-R:

The PRP supporting agencies and supervisors of individuals performing PRP duties shall assist the reviewing and certifying officials in their initial and continuing evaluation duties by ensuring that all potentially disqualifying information is made available for their consideration.

For more information, contact base PRP at 773-3490.

Full Page Ad

Full Page Ad

FPA



Photo by Staff Sgt. Kristina Barrett

THE NOSE KNOWS

Staff Sgt. Dewan Rakesh feels the bite of military working dog Breston. Staff Sgt. Clinton Cornelison lets Breston enjoy the bite before calling him off. Sergeants Rakesh and Cornelison and Breston are assigned to the 506th Expeditionary Security Forces Squadron at Kirkuk Air Base, Iraq.

Retired general, former hostage describes ordeal

Joe Wiggins
Air Intelligence Agency
Public Affairs

SAN ANTONIO - "They came to the door dressed as plumbers, claiming they needed to fix a leak," said retired Army Maj. Gen. James Dozier.

But, that was only the beginning of the general's six-week ordeal as a hostage. He described his ordeal to group of conference attendees March 10.

"I didn't know at the time that I or any member of NATO was being targeted," the general said. "Later I learned they had been observing me and other NATO officials for some time."

Italian police officials became aware of some of those surveillance efforts by interviewing his wife after his capture.

"Some of them had come into my apartment building in groups of three posing as meter readers," he said. "When the Italian police heard this, they knew something was wrong because the

meter reader worked alone and was authorized to read all the meters in that building."

As he described each step of his journey, he passed on the lessons he learned to help those in attendance - hoping they will better understand how terrorists operate.

"After hitting me from behind, they then placed me in restraints and in a box marked to look like it contained a small refrigerator," he said. "I was taken downstairs, into a van and then later transferred into another car."

Over the next six weeks, he worked to gain the confidence of his captors. He hoped they would see him as a reliable hostage and relax their security around him. He credits this with possibly saving his life when the Italian authorities rescued him.

"I did the same things at the same time every day. I asked for and was given a deck of cards, which helped them to see me as more human rather

than just a hostage," he said.

"I also continually asked about my wife," he said. "Later, they started bringing me news clippings about her and international versions of American news magazines."

"While using the cards, I kept scores by scratching my fingernail on a piece of cardboard. They later brought me some paper and a pencil, which I used to keep a diary and track the time," the general said. "By the time I was rescued, my count of the days I had been held was only off by two."

He also said that the terrorists didn't all hold to the same group ideas.

"Of the five people they arrested for my kidnapping, one was later linked to 17 murders, while another one was using his expense account to steal money from the group," he said. "Some of them were very hard core, while others were just ordinary criminals."

According to the general, the lessons he learned about the Red Brigades still

apply to terrorist groups today.

"They were broken down into regional organizations or columns, a strategic control section and an executive committee, which was the controlling body," he said. "The columns carried out the decisions passed down from the executive committee, which isn't very different from the way terrorist groups are organized today."

General Dozier shared his experiences with 650 people attending the Dynamics of International Terrorism course. Conference attendees included local, regional and federal law enforcement officials as well as military members.

General Dozier, then the highest ranking Army officer assigned to the North Atlantic Treaty Organization, was captured Dec. 17, 1981 by members of the Red Brigades, a Marxist-Leninist group attempting to cause an Italian civil war forcing the nation to leave the NATO alliance.

Volunteers: Making a difference in the community

Legal officer tutors and teaches children the dangers of drugs and alcohol

2nd Lt. Josh Edwards
90th Space Wing
Public Affairs

The military is the most highly respected professional group in the United States, according to some polls. With that in mind, just think of the amount of positive influence military members can have on young, developing minds.

Capt. Julia Muedeking, Assistant Staff Judge Advocate, 90th Space Wing Legal, understands this point as she volunteers in the Cheyenne community.

Captain Muedeking volunteers with the Drug Reduction Task Force, a group from Warren that works to teach and inform children about drugs, in an effort to dissuade children from using drugs or alcohol.

"We participate in a lot of youth activities like Safe Kids Day, Trick or Treat Off the Street, Armed Forces Day," said Captain Muedeking. "A lot of medical

people are also involved, and they put out a lot of information for kids on the problems of drugs."

The task force teaches kids what drugs look like, how to respond when approached about buying drugs, and other similar scenarios. They use fun games to help kids learn how to respond to these situations. The task force also uses "beer goggles," eyewear that kids can put on to simulate the effects of being intoxicated, and why it's unsafe and irresponsible to drive after drinking, said Captain Muedeking.

Captain Muedeking has been involved with the Drug Reduction Task Force since her arrival at Warren about a year ago.

Also since her arrival, Captain Muedeking has volunteered for Habitat for Humanity and tutors second grade students in reading and writing at Freedom Elementary School.

Habitat for Humanity

is primarily a spring and summer volunteer activity due to the cold weather during fall and winter.

In the past year, Captain Muedeking has helped build three houses in Cheyenne.

"[Habitat for Humanity] is always looking for people, regardless of what your skill level is with carpentry and [other areas]," said Captain Muedeking. "They're very good about putting you in the area that you'll either feel comfortable with or putting you with somebody who's an expert."

On top of all that, Captain Muedeking finds the time to coach youth basketball and volunteer with on-base activities.

Captain Muedeking believes that volunteers from Warren give community members a more optimistic and positive view of the military.

"I just think it's important for people to find the



Courtesy photo

Capt. Julia Muedeking, 90th Space Wing Legal, teaches two young children at the Drug Reduction Task Force Safe Kids Day.

thing that they like, and they should do it because they like it, not because they think it's going to be in an awards package or on an OPR or EPR," said Captain Muedeking. "I think you have to find something

that you're genuinely interested in, and then do that because you'll be committed to it and you'll want to do it more often."

Stay tuned for upcoming editions of the Sentinel for more difference makers.



Photo by Airman 1st Class Tessa Cubbon

CHECKMATE

Airman 1st Class Armando Harris, 90th Medical Operations Squadron, makes a move during a match against Airman 1st Class Brandon Thirkettle, 90th Maintenance Operation Squadron, during the Warren Community Center Chess Match here Saturday. The winner of the match was Airman 1st Class Christopher Williamson, 90th Communications Squadron.

Be smart, reduce sports and recreational injuries

Tips for keeping yourself safe and uninjured

Dave Clark
90th Space Wing Safety

Members of the 90th Space Wing experienced two fatalities and 182 sports and recreational mishaps in 2004 and 2005.

Both fatalities were on motorcycles, one was due to excessive

speed, while the other rider was inexperienced.

The 182 mishaps resulted in 330 lost workdays.

Basketball and physical training had the highest number of mishaps reported for 2004 and 2005. Most injuries were to ankles and knees. While there is some risk inherent to any sport, there are things everyone can do to lessen the impact to the body. This also reduces the impact to coworkers who fill in, while others are injured.

Physical training is here to stay, so finding a way to reduce

injuries is imperative. Whenever participating in a physical activity, it is always a good idea to stretch all the muscle groups involved before and after participating. Stay within your ability. Do not attempt to perform over known capabilities. Also drink plenty of fluids and remain hydrated.

Many recreational activities are high risk due to their nature. Understand the sport before participating. Know the hazards associated with the activity and learn what can be done to reduce the risk.

Always practice the wingman concept. Do not talk each other into activities that are above each other's capabilities or are dangerous.

Always use the appropriate protective gear for sports. Professional athletes made it to the top of their sport by staying healthy and wearing their gear. Do not be talked into participating without protective gear.

By understanding sports, using the appropriate protective gear and staying within limits, sports related mishaps can be reduced.



Eagle Eyes



Report any suspicious behaviors to the Office of Special Investigations at 773-1852 or the law enforcement desk at 773-3501.

Warren's NCO Woman of the Year trains Chefs

Ten year veteran hopes to rise in her career field, stay in for 20

Staff Sgt. Patricia Souder, 90th Operations Support Squadron, recently sat down with Airman 1st Class Tessa Cubbon, 90th Space Wing Public Affairs, to chat about her new position as a chef training instructor, warm weather and why her mother is such an inspiration.

What do you do at the 319th Missile Squadron?

I train all the Missile Chefs in the 90th Operations Group.

What do you teach them?

Well, they already learned how to cook in tech school, [so I teach them] self aid buddy care, CPR, customer service, safety in the kitchen, safety in the MAF and home station training and we hold the Iron Chef competition for all our Missile Chefs.

What's home station training?

It's a condensed version of formal field training - what the Chefs do while they're deployed.

How long were you a Chef?

I was a Chef from July 2004 until August of 2005, so 13 months. Then I was the Chef NCOIC of the 319th from August till March 7. I just started as a Chef Trainer [this month].

What was your favorite job?

It's all so completely different I haven't been a Chef Trainer too long, but so far I love it.

How long have you been in the Air Force?

Ten years.

Have you been a Chef the whole time?

No, in services we do a lot of things. I've worked in lodging, I worked fitness and food, which includes the dining hall baking store-room and the missile field.

What's the best part about your job?

The people I work with. I love working with the Chefs and I love teaching them. I've been in food for a long time, so I have a lot of experience with it and just passing on that knowledge. I'm a people person.

Why did you join the Air Force?

I wanted to do something differ-

ent, something good with my life. I thought the Air Force would be that. Out of a family of 300 people, I'm the only person in the military, so I thought it would be something my parents would be proud of.

Where are you from originally?

Alamogordo, N.M. I love the hot, dry heat.

What do you think other people misunderstand or take for granted about your job?

We're the biggest morale booster. Without the Chefs in the missile field people wouldn't eat, and if you don't eat, you can't do your job. If you can't do your job, the mission has failed. If you have a really good Chef then your tour is great. It sets the tone for everything you do, and I think people just take us for granted.

What do you do when you're not working?

I have an 11-month-old baby I [named] Noah.

Why do you think you were chosen as the NCO Woman of the Year?

I did a lot of volunteering. I did a lot with my job, too. I did a lot of things in 2005. At the beginning of the year, I was an FTAC Instructor. Then I had my baby and when I got back [from maternity leave] I went back out to the field. I do a lot of volunteering with kids - reading to them, tutoring them. I went to school and finished my CCAF, and I'm working toward my bachelor's degree.

What are you getting a bachelor's degree in?

Restaurant and hotel management.

Are you going to stay in the Air Force for 20 years?

At least 20.

What's the biggest honor you've ever had?

In 2000, I got the Hennessy Travelers Award for Air Combat Command and the Air Force. The Hennessy competition is when all the food services in the Air Force compete to become the best at food service in the Air Force. The travel-



Photo by Airman 1st Class Tessa Cubbon

Staff Sgt. Patricia Souder, 90th Operations Support Squadron, trains new Chefs Tuesday. Sergeant Souder was awarded the Military Woman of the Year, NCO category, during the Women's History Month Luncheon March 7.

ers are the inspectors. They choose a person who they believe personifies the cooking skills, the attitude and the professionalism. They choose one for each MAJCOM and I won for Air Combat Command. From the eight commands, they choose an Air Force winner and they chose me.

What's your favorite part about working at Warren?

The people and camaraderie. In the 319th any time somebody needs help everybody comes together.

Are you going to be Chief Master Sergeant of the Air Force someday?

I don't think I've been groomed to go that high. I should have put on tech already if I was aspiring that high. But I do want to go high in my career. I want to go far. I want to be a tech school Instructor. That's my next

goal. I want to be in Living Legends. I saw them at the Women's History Month banquet and I thought "Oh my, that's just the greatest thing to wear the old uniforms and know the history behind the person who originally wore the uniform and pass it on to other people."

What woman inspires you?

My mom. She's so strong spiritually. She came from a family of 11 kids. She's the second oldest, and she pretty much raised her siblings. Then she had five kids, and was a stay-at-home mom so she could raise us right and give us all the love and care we needed. And she did. She's such an amazing woman; she gave everything for us. She just puts us ahead of herself all the time. She was such a huge inspiration for me, and I hope to be an inspiration to someone else.

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Snowmobiling at Fox Park

Outdoor recreation is hosting a final snowmobiling excursion to Fox Park, headquarters of Snowy Mountain Adventure March 25. This half-day trip costs \$115 for adult drivers, \$60 for adult passengers, \$35 for passengers 10 to 16, and \$10 for passengers under 9. Drivers must be at least 16 to operate the machine alone. Helmets are included. Snowmobile suits, gloves and boots are available for additional rental. The trip departs at 6:30 a.m. and returns to base approximately 4:30 p.m.

For more information, call ODR at 773-2988.

Spring clearance sale

Save 33 percent on premium ski and winter wear at outdoor recreation during the month of March.

For more information, call 773-2988.

Martial arts classes

Shorin-Ryu/Okinawan classes are held 6:30 to 8 p.m. Mondays and Wednesdays at

the community center. The cost is \$30 per person, and \$65 for a family of four. Kevin Vance, a third-degree black belt, is the instructor.

For more information, contact the community center at 773-3510.

Joining Forces at Six Flags

Joining Forces, open to active duty, guard, reserve, retirees, DoD civilians, base contractors, family members and friends, is at Six Flags and is scheduled for 10 a.m. to 6 p.m. April 15. Tickets are now available at outdoor recreation for \$19 per person and include lunch and a free return ticket for September or October.

Regular weekend park admission price is \$44.99. Bus transportation is \$10 while seats are available. Sign-up while purchasing your tickets. Parking at the park is \$10 per car.

For more information, call ODR at 773-2988.

Snowshoeing ecology trip

Outdoor recreation is host-

ing a two-hour instructional snowshoeing ecology tour to Rocky Mountain National Park Saturday. Once complete, trip goers are welcome to visit the area on their own and explore the park. The cost is \$18 per person or \$65 for a family of four and includes snowshoes, transportation and entry into the park. The trip departs at 8:30 a.m. and returns approximately 7 p.m.

For more information, call 773-2988.

Colorado Eagles hockey

Outdoor recreation has tickets for the Colorado Eagles versus Wichita Thunder game to be held 7:05 p.m. March 24. Tickets are limited and cost \$16 and transportation to and from the Budweiser Events Center is \$6. The trip departs at 5 p.m. and will return at about 11 p.m.

For more information, call 773-2988.

Burger Meal Deal day

Lunch at Warren Lanes every Monday is \$5. Get a choice of burger, fries or chips and a fountain soda with one refill.

Free lunchtime bowling

Bowl two free games, shoes included, 11 a.m. to 1 p.m. weekdays when \$5 is spent at the snack bar.

Music lessons

Learn to play the drums, bass and six or 12 string guitar (electric and acoustic) at the community center. Classes are scheduled for 6 to 8:30 p.m. Tuesdays, and 9:30 a.m. to 2:30 p.m. Mondays, Tuesdays and Thursdays. The cost is \$50 per month and includes four half-hour classes.

For more information, call 773-3511.

Youth baseball and tee-ball registration

Youth baseball registration for kids ages 7 to 12 ends today. The cost is \$50 and includes team uniform and the use of equipment. Practice will begin the first week in April.

All Warren teams are combined with other teams from the community to form the Cheyenne Jr. League. Games are played on base as well as the Cheyenne Jr.

League Complex located on the corner of Converse and Dell Range.

Tee Ball registration for kids ages 5 and 6 is going on now through April 14. The cost is \$40 per child and includes uniform and awards.

All baseball, tee ball participants and their family members are invited to the post season banquet in August.

For more information, call 773-2564.

Lunch Bunch Punchcard

Pick up your Lunch Bunch Punchcard at any participating services facility. Buy five lunches, get one free. Good at the Trail's End Club, Warren Golf Course or Warren Lanes Bowling Center.

Mongolian night

The Trail's End Club is scheduled to have a Mongolian night Tuesday from 5 to 7 p.m. Prices range from \$4.95 (for children) to \$12.95. Reservations are recommended.

For more information, call 773-3048.

Education briefs

Education fair

An education fair is 10 a.m. to 2 p.m. April 12 at Fall Hall.

More than 20 colleges and universities will be available to answer questions and help base personnel find the right program for them. Information will be available on many degree and certificate options including emergency medical technician, homeland security and fire science. Learn about Troops to Teachers and Spouses to Teachers. Door prizes will be given.

Attention American Military University students

Richard McMullen, Education Coordinator for AMU is available from 10 a.m. to 2 p.m. Wednesday and March 29 to meet with students in Room 28 of the education center.

Commissioning workshop

Are you active-duty enlisted and interested in becoming a commissioned officer? The Warren Education Center is presenting a commissioning workshop at 2 p.m. April 11 in Room 24 of the education center.

For more information and to pre-register for the workshop, call the education center at 773-2117.

Attention University of Phoenix students

A University of Phoenix representative is scheduled to be available from 1 to 3 p.m. Mondays in Room 28 of the education center to meet with students.

Online tuition assistance briefings

The Warren Education Center will conduct briefings at 2 p.m. Fridays at the education center to provide information on the new Air Force Portal/Air Force Virtual Education Center On-Line Tuition.

For more information, call 773-2117.

Saint Patrick's Day Party



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